



PRAYER: Begin with a few moments of sharing thanks and praises in prayer

OPENER: How did your parents settle disputes between you and your brother/sister? What's the best advice you have been given on how to deal with conflict?

REFLECT: In any relationship, there will be conflicts to be resolved. *The #1 goal in resolving conflict should not be to "win" but rather to resolve.*

What is your first typical reaction to conflict?

REVIEW and DISCUSS

FIVE TRUTHS THAT WILL HELP US RESOLVE CONFLICT:

1. Christ must be at the center of our everyday experiences (Mt. 6:33).
2. Prepare for conflict (John 16:33).
3. Choose your battles wisely (Mt. 5:9, Prov. 11:12, 1 Cor. 2:15).
4. Determine the severity of the conflict. Is it "measles" or "cancer"? (Eph. 4:26b, Mt. 5:23-24, Eph. 3:7b)
5. Learn to listen and "hear" what the other person is saying (John 15:12).

In dealing with conflicts in any type of relationship, what are some characteristics that should distinguish a Christian from a non-believer?

PLAN for ACTION

The reality is we don't communicate the way we should so let's dig into God's Word and see how He wants us to react to conflict.

1. Speak truthfully without fear of overreaction (Eph. 4:25).

When disagreeing with others, what makes it difficult for you to speak the truth in love?

Are you more likely to "speak the truth in love" or "in love" try to keep the peace at any price?

2. Control anger (Eph. 4:26, Prov. 29:11, Prov. 29:20).

What must happen within our minds before we are able to control our anger?

3. Guard your tongue and your tone (Eph. 4:29, Prov. 15:28, 15:1, 12:18).

What is "unwholesome talk" sound like to you?

In order that our words build up others, what must we do first within our hearts?

4. Listen (Eph. 4:29b).

What distracts us from listening to others?

5. Forgive (Eph. 4:31-32).

What does it mean to you to forgive like God has forgiven you? Who do you need to forgive?

Since turning your life over to Christ, what effect has this had on your ability to love others – even those who hurt you?

How can this group pray for you this week?